

THIS IS YOUR YEAR A CLEAN SLATE & A CLEAN PLATE

LIGHTEN UP IN 2018

- Serve Flavorful Main-Dish Salads
- Choose Fresh, Colorful Produce
- Include a Variety of Whole Grains
- Select Naturally Wholesome Snacks

YOUR GUIDE TO **GOURMET** 12.31.17 - 1.13.18

EDDIESOFROLANDPARK.COM

Eddie's
OF ROLAND PARK

SPECIALS FOR THE WEEK OF

DECEMBER 31 - JANUARY 6

DAIRY

Tropicana Orange Juice89 oz **\$5.99**
 Horizon Organic Milk64 oz **\$4.99**

FROZEN

Newman's Own Pizza 13 to 14.7 oz **\$5.59**
 Friendly's Ice Cream Bars16.5 oz **\$3.99**

GROCERY

Kashi GoLean Cereal 13 to 14 oz **\$3.59**
 Pirate's Booty Snacks 4 oz **2/\$5.00**
 Ken's Salad Dressings 9 oz **2/\$3.00**
 Vintage Seltzer12 pk **\$2.99**
 Campbell's Well Yes! Soups16.3 oz **\$1.99**
 Tide Laundry Pods14 oz **\$4.99**

PRODUCE

Limes ea **3/\$1.00**
 Avocados ea **3/\$5.00**
 Gala Apples lb **\$1.79**
 Red Onions lb **\$0.99**
 Red and Green Leaf Lettucelb **\$1.59**

MEATS-EDDIE'S

USDA Choice Ground Round lb **\$5.99**
 Center-Cut Pork Roast *boneless* lb **\$3.99**
 USDA Tenderloin Steaks lb **\$27.99**
 Bell & Evans Chicken Breasts *boneless*....lb **\$7.99**

MEATS-VICTOR'S

USDA Prime Rib Eye *boneless* lb **\$25.99**
 Rib Steaks *bone-in* lb **\$21.99**

SEAFOOD

Raw Shrimp *21/25 ct*lb **\$14.99**
 Salmon Filetslb **\$13.99**
 Mahi-Mahi Filets lb **\$15.99**

ROLAND AVE. WINE SHOP

WILL BE OPEN
1 - 6 PM SUNDAY, DEC. 31

DELI

Krakus Imported Ham lb **\$7.99**
 McCadam Muenster Cheese lb **\$6.99**
 German Potato Salad lb **\$3.99**

BAKERY

Mini Muffins *varieties* 12 pk **\$5.99**
 Wheat Kaiser Rolls6 pk **\$3.49**
 Brownie Bites ea **\$4.99**

CANDY & COFFEE

Espresso Milano Coffee
regular lb **\$14.99**
decaffeinated lb **\$15.99**
 Mocha Latte
Charles Street coffee bar only 16 oz **\$3.50**
 Taffy Lite Chews *assorted flavors* lb **\$5.99**
 Wilbur Buds *milk or dark chocolate* lb **\$15.99**

GOURMET TO-GO

Turkey Cutlets *thinly sliced turkey breast, lightly battered and sautéed golden brown*
 **\$12.99/lb**

Roasted Salmon *fresh salmon filet, roasted to perfection, with a light teriyaki glaze*
 **\$20.99/lb**

Veal Patties *ground veal, mixed with sautéed onion and peppers, and pan-seared for a nice crust* **\$11.99/lb**

Delmonico Potatoes *steamed potatoes baked with diced peppers and onions, in a rich cheese sauce* **\$6.99/lb**

Steamed Broccoli *simply steamed, for great flavor* **\$7.99/lb**

Tomato and Fresh Mozzarella Salad *fresh mozzarella and grape tomatoes, tossed with fresh basil and olive oil* **\$8.99/lb**

SANDWICH SPECIALS

Eddie's Turkey Breast Sandwich *on your choice of bread, kaiser roll or baguette* **\$5.49**

Eddie's Tuna Salad Sandwich *on your choice of bread, kaiser roll or baguette* **\$5.49**

Cosmopolitan Sandwich *Eddie's rare roast beef and Havarti, with tomato, onion and mayonnaise, on a baguette* **\$6.49**

SPECIALS FOR THE WEEK OF

JANUARY 7 - 13

DAIRY

Chobani Yogurt..... 5.3 oz **\$0.99**
Tropicana Orange Juice..... 59 oz **\$3.39**

FROZEN

Breyers Ice Cream..... 48 oz **\$4.99**
Ore-Ida Fries..... 19 to 32 oz **\$2.99**

GROCERY

Honey Nut Cheerios..... 12.25 oz **\$2.99**
Progresso Traditional Soups..... 18 to 19 oz **\$1.99**
Swiss Miss Cocoa *select varieties*
..... 6.8 to 7.3 oz **2/\$3.00**
De Cecco Pasta..... 8.8 to 16 oz **2/\$5.00**
Hanover Kidney Beans..... 15.5 oz **\$0.99**
La Croix Seltzer..... 12 pk **\$6.99**

PRODUCE

Cucumbers..... ea **2/\$1.00**
Mushrooms *whole and sliced*..... 8 oz **2/\$4.00**
Asparagus..... lb **\$4.49**
Kiwi..... ea **\$0.49**
Broccoli Crowns..... lb **\$1.89**

MEATS-EDDIE'S

USDA Choice Sirloin Steaks *boneless*..... lb **\$9.99**
Sweet or Hot Italian Sausage..... lb **\$4.99**
Center-Cut Stuffed Pork Chops *boneless*
..... lb **\$3.99**
Perdue Chicken Breasts *bone-in*..... lb **\$3.99**

MEATS-VICTOR'S

USDA Prime NY Strip Steaks *boneless*..... lb **\$26.99**
Ground Sirloin..... lb **\$6.99**

SEAFOOD

Raw Shrimp *16/20 ct*
peeled and deveined..... lb **\$19.99**
Swordfish Steaks..... lb **\$17.99**
Rockfish Filets..... lb **\$21.99**

DELI

Eddie's Rare Roast Beef..... lb **\$14.99**
Land O'Lakes American *yellow or white*..... lb **\$6.99**
Amish Macaroni Salad..... lb **\$3.99**



TRY OUR STUFFED PORK CHOPS

BAKERY

My Dad's Gluten-Free Cookies
assorted varieties..... pk **\$8.49**
La Brea Organic Wheat Bread..... ea **\$6.49**
Whole-Grain Yogurt Muffins *blueberry banana*
or apple cranberry..... ea **\$1.69**

CANDY & COFFEE

Hazelnut Cream Coffee
regular..... lb **\$14.99**
dcaffeinated..... lb **\$15.99**
Caramel Cappuccino
Charles Street coffee bar only..... 16 oz **\$3.25**
Mint Lentils..... lb **\$8.99**
Black Scottie Dogs..... lb **\$4.99**

GOURMET TO GO

Orange-Glazed Chicken *tender chunks of chicken, lightly fried and tossed in a spicy orange glaze*..... **\$11.99/lb**

Grilled Flank Steak *delicious flank steak, simply seasoned and grilled to perfection*
..... **\$16.99/lb**

Firecracker Shrimp *gulf shrimp, lightly fried and tossed in a spicy cream sauce*..... **\$22.99/lb**

Creamed Spinach *steamed spinach, lightly seasoned and simmered with butter and cream*
..... **\$6.99/lb**

Beef Lasagna *tender lasagna noodles, layered with seasoned ground beef, marinara, ricotta and mozzarella*..... **\$7.99/lb**

Crab and Corn Coleslaw *jumbo lump crab meat, sweet corn and crisp cabbage, tossed with our own Eddie's dressing*..... **\$8.99/lb**

SANDWICH SPECIALS

Boys' Latin Sandwich *bacon, lettuce and tomato, with mayonnaise, on your choice of bread, kaiser roll or baguette*..... **\$4.99**

Eddie's Chicken Salad Sandwich *on your choice of bread, kaiser roll or baguette*..... **\$5.49**

Nantucket Wrap *roasted turkey breast, Brie, tomato and baby field greens, with cranberry mayonnaise, in a wrap*..... **\$6.49**

“WINE IS BOTTLED POETRY.”

– ROBERT LOUIS STEVENSON –

FEATURED TASTINGS

JANUARY 6
ALSACE

JANUARY 13
ALSACE

Join us for a year-long wine tasting tour of France. Every Saturday, we will explore the finest wines available, one region at a time.

CHEESE & CHARCUTERIE

12/31 - 1/6

Cibo Fresh All-Natural Pesto *all flavors*..... 6 oz **\$6.49**/ea

Manchego *one of Spain's most famous cheeses, a sheep's milk cheese with a mild, slightly nutty flavor*..... **\$17.49**/lb

Parrano *nutty flavor of a fine-aged Parmesan, with the versatility of a young Dutch Gouda*..... **\$14.99**/lb

Silver Goat Chevre *plain*
easily spreadable, with a welcoming warm and tangy flavor... 5.5 oz **\$6.99**/ea

1/7 - 1/13

Sabra Hummus *all flavors*..... 10 oz **\$4.49**/ea

BelGioioso Fresh Mozzarella..... 8 oz **\$4.49**/ea

Widmer's Wisconsin Colby *similar in flavor to cheddar, but softer, with a higher moisture content*..... **\$10.99**/lb

Alouette Crumbled Goat Cheese *delicious in salads*..... 3.5 oz **\$4.99**/ea

IN-STORE TASTINGS

CLEAN, HEALTHY EATING

Enjoy satisfying salads from our kitchen.

SAT 1/6 11 - 3 PM ROLAND AVENUE
SUN 1/7 11 - 3 PM NORTH CHARLES STREET

DRINKABLE NOURISHMENT

Taste good-for-you bone broth.

THU 1/11 4 - 6 PM NORTH CHARLES STREET

HEALTHY SNACKING

Try Vegan Rob's delicious, helpful and fun snack chips.

SAT 1/13 11 - 3 PM ROLAND AVENUE
SUN 1/14 11 - 3 PM NORTH CHARLES STREET

NORTH CHARLES STREET

P: 410-377-8040 F: 410-377-9144
6213 N. Charles Street, Baltimore MD 21212
Mon-Sat 7-8, Sun 8-7

Holiday Hours:

12/31 8 am - 7 pm
1/1 7 am - 6 pm

ROLAND AVENUE

P: 410-323-3656 F: 410-323-5492
5113 Roland Avenue, Baltimore MD 21210
Mon-Sat 8-7, Sun 8-6

Holiday Hours:

12/31 8 am - 6 pm
1/1 8 am - 6 pm

Facebook.com/Eddiesofrolandpark

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For information on product specials, in-store tasting events, delicious recipes and more, sign up for Eddie's e-newsletter at eddie'sofrolandpark.com.

Eddie's
OF ROLAND PARK



Personal Shopping and Delivery Available.

HOW TO MAKE

GREEK-STYLE SWORDFISH WITH LEMON HERB SAUCE

INGREDIENTS

2 swordfish steaks, each about 6 oz., 1 inch thick
2 t. + 1 t. olive oil, divided
Coarse kosher salt
Fresh ground pepper
1 lemon, cut in half

Sauce

2 cloves garlic, minced
Zest and juice of 1 lemon
½ c. extra virgin olive oil
½ c. fresh parsley, chopped
2 T. fresh oregano, chopped
¼ c. fresh thyme, chopped
1 t. fresh mint, chopped
½ t. coarse kosher salt
¼ c. Kalamata olives, pitted and chopped,
optional

EDDIE'S TIP

Try this lemon herb sauce
on a whole roasted rockfish
or snapper.

PREP TIME: 10 Minutes **COOK TIME:** 18 Minutes **SERVES:** 2 People

A simple, healthful recipe that is full of fresh, herbal flavors.

TO PREPARE

Heat oven to 400°F. Season swordfish steaks with salt, pepper and 2 t. olive oil.

Heat skillet or grill pan over medium-high heat. Add 1 t. olive oil. Add swordfish to pan and sear for about 3 minutes on each side.

Sear lemon halves in pan, cut side down, for about 2 minutes, just to form grill marks and browning on the cut surface of each half. Set lemons aside. Transfer fish to sheet pan and roast in the oven for about 10 minutes until opaque.

Meanwhile, prepare sauce by whisking all ingredients together in a medium bowl. Add olives, if desired.

TO SERVE

Spoon lemon herb sauce over each swordfish steak. Garnish with a grilled lemon half.

Pair with San Vincenzo Anselmi.

